

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and you will find the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lack of energy, and, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of hot water with a teaspoonful of limestone phosphate in it. It flushes from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, such as bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be a little while until the bowels begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your drugist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of intestinal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.—Adv.

Just a Way They Have.
"Ray, conductor," remarked the inquisitive passenger, "in speaking of time, which is proper," replied to six or a quarter of six."
"I'm sure I don't know," quipped the railroad man. "I always say 5:45."
The top round of the ladder of success is usually the most slippery of all.

PROSPERITY IN WESTERN CANADA

900 Million Dollars in New Wealth Added in 1915.

Canada as a whole has enjoyed wonderful prosperity in 1915, from the products of the farm, the orchard and the mines. No country wrote a brighter page of history in agricultural and industrial development during 1915 than Canada. Nearly a billion bushels of grain produced. Taxes in Western Canada average \$24 and will not exceed \$35 per acre section, which includes all taxes. No taxes on improvements.

When Western Canada was faced with her enormous harvest last fall the military authorities decided that soldiers in Canada could give the Empire no better service for the time being than to assist in harvesting the crops. For that reason leave of absence was given to soldiers who wished to work in the harvest fields, and their labor was an important factor in harvesting the big crops successfully.

The necessity for increasing the agricultural production is commanding even more attention in 1916, and it is now announced that soldiers in Canada may obtain leave of absence from their military duties in the spring for a certain length of time to enable them to plant the seed for the crops in every province of the Dominion.

The fact that the Government recognizes the seeding and harvesting of Canada's crops as being of the first importance is perhaps the best evidence that conscription or any increase of taxes which would retard the agricultural activity of Canada will never be considered by the authorities.

Owing to the number who have enlisted for overseas service it has been found necessary to secure farm labor in the United States. It is hoped that fifty thousand can be secured.—Advertisement.

No Charge for Inhaling.
"You don't seem much worried over the high price of gasoline," remarked the hapless pedestrian. "I can be so comforted on the fumes without its costing me a cent."

SALTS IF BACKACHE OR KIDNEYS TROUBLE YOU

Eat Less Meat If Your Kidneys Aren't Acting Right or If Backache or Bladder Bothers You.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat. Says a well-known authority: "Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and clogged. When your kidneys get sluggish and clog you must relieve them like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scales and you are obliged to seek relief two or three times during the night."

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys; also to neutralize acids, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.—Adv.

The Usual Way.
Jack—How did you come to get interested in that novel you are reading?
Marie—I liked the way it ended.

You will never be accused of cheating at cards as long as you lose.

CHEERS FOR WILSON

PRESIDENT ASKS IF NATION IS READY TO SACRIFICE FOR HUMANITY'S CAUSE.

SPEAKS AT CLUB DINNER

Hearers Wonder Whether Executive Means in Mexico or Europe—Declares He Is Interested Seeing Lead Depressing Humanity Lifted.

Washington, April 15.—President Wilson, speaking at a Jefferson day banquet of Democrats from all parts of the country here last night, prayed that the United States would not be drawn into a quarrel not of its own choosing, but asked whether the people were ready to go in where the interests of America were coincident with the interests of humanity, and have the courage to withdraw when the interests of humanity had been conserved. He was interrupted by cheers and shouts of "yes."

The president mentioned the European war and the Mexican question without intimating what were his plans in either of the problems confronting the United States.

He declared that in the present situation the responsibility was with the Democratic party because that party controls the government.

The president declared that he was not interested in personal ambition, nor even enthusiastic over party success, but that he was interested in seeing the load depressing humanity lifted.

What the nation demands now, the president said, is service essentially nonpartisan, not only in consideration of foreign affairs but in domestic affairs as well.

Referring incidentally to Mexico, he told of how a man had urged that trustees for that nation's welfare be chosen, and of his reply that no nation had achieved real prosperity and happiness for its masses through a trusteeship imposed on it from above.

It was the first speech of a political nature the president had made for several months. It was delivered before an audience including nearly all the members of the cabinet. Democratic members of the senate and house, Democratic state chairmen from many states, and other high officials of the nation and states.

The president was referred to repeatedly as "the most president" by Senators Hollis and Walsh and Representative Glass, who preceded him, and each utterance of his name was received with enthusiastic applause.

SUGAR FAMINE IS FORECAST

Chicago Dealers Expect the Retail Price to Jump 10 Cents a Pound.

Chicago, April 15.—The specter of sugar at 10 cents a pound hovers over the country. And, trailing along behind it, is the possibility of a sugar famine.

Not one Chicago wholesale grocer would consent to being quoted on the present and future condition of the American sugar market. All agreed that the retailer will before long be forced to take housewives 10 cents a pound, judging by present indications. The latest estimate of the Cuban sugar crop finds it cut 100,000 tons because of drought. This leaves a visible supply available of 2,900,000 tons for a demand exceeding 4,000,000 tons.

NEW GERMAN ATTACK FAILS

Teutons Revert to Small Alternate Strokes as First French on Both Sides of Meuse.

Paris, April 15.—The German general attack on the left bank of the Meuse, which began on Sunday, is regarded as having been beaten. The Germans have reverted to their previous relatively small alternate strokes against the French positions on both sides of the river, and to artillery operations.

REFUSES CONGRESS OIL DATA

Attorney General Gregory Declines to Furnish Information—Incompatible With Public Interests.

Washington, April 15.—Attorney General Gregory declined to furnish Congress on Thursday with information he has obtained concerning the operations of the Standard Oil company, which was called for by the Kenyon resolution, on the ground that it was incompatible with the public interests.

Two Zapata Leaders Shot.

Mexico City, April 15.—General Manuel Palafox and General Francisco Pacheco, two of the leaders in Emiliano Zapata's revolution, have been murdered at Tepic, Jalisco.

Turks Repulse the British.

Berlin, April 14.—A British Mesopotamian force was repulsed by Turkish troops in a sanguinary battle near Palabala, according to a Turkish headquarters report. The British lost 30,000 men.

Narrow Escape for Kaiser.

London, April 14.—The emperor of Germany is at Potsdam recovering from nervous shock the result of the explosion of a shell at Verdun, which destroyed the imperial motor car, says a Rome dispatch.

Torpedo Spanish Steamer.

Madrid, April 14.—The Spanish steamer Santandero has been sunk by a torpedo with the loss of four lives. Thirty-six survivors, several of them wounded, have been landed at the small French promontory of Socoa.

Take Germans From Ship.

Manila, P. I., April 13.—Word was received here that the American inter-island schooner Henry S. was held up ten miles west of Zamboanga by a British auxiliary cruiser and two German steamship officers taken off.

Doctor Is Held as Slayer.

Sherman, Tex., April 12.—Dr. David B. Teem, who has been conducting a chiropractic adjunct here for some time, was arrested and placed in jail on an indictment charging the murder of Miss Aline Walker.

Gov. Hanna Wins \$255,000 Suit.

Minot, N. D., April 12.—A verdict in favor of the defendants in the "Yoman's" \$255,000 damage suit against Governor Hanna, other state officials, and several local bankers, was directed by Judge Kenehaw.

Calif. Doctor Jones a Suicide.

Baltimore, Md., April 12.—Coroner Savage stated after an investigation that the death of Dr. Harry C. Jones, professor of physical chemistry at Johns Hopkins university, was due to poison.

Prices of Glassware Soar.

Pittsburgh, April 12.—The principal glassware manufacturers announced new prices, some factories advancing certain lines 10 to 15 percent. No business will be taken for delivery after June 30 at these prices.



GERMANS MAKE GAINS RUSS REPORT GAINS

TEUTONS OCCUPY TRENCH AT DEAD MAN'S HILL. NEW TERRITORY OCCUPIED IN CAUCASUS ADVANCE.

Mountains of Corpses on the Front Northeast of Verdun Testify to Frightful Losses.

Paris, April 12.—Fierce German attacks against the French positions on the Mort Homme (Dead Man's Hill) were renewed during the night and the Teutons occupied 500 yards of an advanced trench, it was announced by the war office in an official communiqué on Monday.

Mountains of corpses on the front northeast of Verdun and west of the Meuse river testify to the frightfulness of the German losses.

The ferocity of the assaults around Hill 304 and Dead Man's Hill is only equaled by the gallantry of the French defenders.

KANSAS NAMES DELEGATES

Bitter Fight on Committee Ends in Selection of W. F. Sapp of Galena.

Hutchinson, Kan., April 13.—After a struggle that lasted until midnight Kansas Democrats, in their state convention here, were able to settle all differences and elect a national committee, four delegates at large to the national convention and agree on resolutions which expressed the sentiment of a majority of delegates present.

The contest for national committee developed into a bitter fight and many unpleasantities between the supporters of W. F. Sapp of Galena, the winning candidate, and J. W. Orr of Atchison were engaged in.

The four delegates at large are: Mrs. W. A. Harris of Lawrence, by acclamation; United States Senator W. H. Thompson, now of Kansas City, Kan.; A. A. Doerr of Larned and Judge A. M. Jackson of Winfield. The presidential electors at large are Frank L. Britton of Topeka and Judge W. T. McBride of Wellington.

PRESIDENT PLEDGES AID

Oklahoma Convention Elects Delegates Instructed to Vote for His Renomination.

Oklahoma City, Okla., April 13.—Without a roll call and without a contest that was not settled outside the hall, Oklahoma Democrats in convention here on Tuesday elected delegates to the Democratic national convention instructed to vote for the renomination of President Wilson.

Thomas L. Wade of Marlow was chosen as national committeeman. The state's quota of presidential electors was named and a platform supporting without reserve the national and state administrations adopted.

\$40,000,000 BILL IS PASSED

Rivers and Harbors Appropriation Goes Through the House—Vote Is 210 to 132.

Washington, April 13.—The rivers and harbors appropriation bill, carrying \$40,000,000, was passed by the house by a vote of 210 to 132. The bill now goes to the senate. The senate passed its substitute for the house free sugar repeal resolution, extending the present duty of one cent a pound on sugar until May, 1920. The vote was 40 to 32.

Princes Pray for Peace.

Paris, April 15.—Sixteen members of the Austrian imperial family took part in a pilgrimage to the sanctuary of the Madonna of Zell, to implore peace, according to a special dispatch from Rome.

Russian Vessel Torpedoed.

Barcelona, April 15.—The Russian sailing vessel Imperator has been torpedoed by an Austrian submarine in the Mediterranean. None of the crew, some of whom are wounded, have been landed here by a Dutch steamship.

Navy Now Has 54,011 Men.

Washington, April 13.—The enlisted strength of the U. S. navy has reached the highest mark in its history. Secretary Daniels announced that the addition of recruits brought the total strength of the navy to 54,011.

Transport Carries Cane Sugar.

Honolulu, T. H., April 13.—The United States transport Logan is on route from Honolulu for San Francisco, carrying 1,954 tons of cane sugar, the first cargo of the kind ever carried on a transport.

Crumpacker Gravely Ill.

Lafayette, La., April 12.—It was announced on Monday that Daniel L. Crumpacker, Republican party leader, former senator from St. Joseph and Lafayette counties, is critically ill with no hope of recovery.

Calif. Doctor Jones a Suicide.

Baltimore, Md., April 12.—Coroner Savage stated after an investigation that the death of Dr. Harry C. Jones, professor of physical chemistry at Johns Hopkins university, was due to poison.

Prices of Glassware Soar.

Pittsburgh, April 12.—The principal glassware manufacturers announced new prices, some factories advancing certain lines 10 to 15 percent. No business will be taken for delivery after June 30 at these prices.

To Be Tried as Pirate.

New York, April 12.—United States Commissioner Houghton ordered that Ernest Schiller, the German who held up the British freighter Matopato at sea, be removed to Delaware to stand trial on a charge of piracy.

Executed for Murder.

Edmonton, Alta., April 12.—George E. Leek, colored, was hanged at Fort Saskatchewan for the murder of Noah H. Hooper, an aged United States pensioner, at Jinkins, Alta., on October 6, 1914.

Twelve Burned in Plant Fire.

Pittsburgh, Pa., April 12.—Twelve men were burned at the Edgar Thompson plant of the Carnegie Steel company in Braddock when a ladie of hot metal was overturned in the open hearth department.

U-BOAT SANK SHIPS

GERMANS TELLS U. S. STEAMERS WERE LEGAL VICTIMS OF SUBMARINE WAR.

THINKS SUSSEX HIT MINE

Note Sent to Washington Says a Vessel Was Torpedoed Near Where Liner Was Sunk, But Evidence Shows It Was Not the Sussex.

Berlin, April 14 (by wireless).—The German reply to the American note concerning the sinking of the ship the steamship Sussex, the Eagle Point, Manchester Engineer and Berwindale were destroyed by German submarines. Evidence is presented to show that these vessels were torpedoed legally in accordance with the rules of war.

The note states that a German submarine torpedoed a steamship in the vicinity of the place at which the channel steamship Sussex was damaged by an explosion, but that evidence at hand indicates that the vessel torpedoed by the submarine was not the Sussex.

The commander of this submarine, the note says, made a sketch at the time. This sketch has been compared with a photograph of the Sussex and has been found to show dissimilarities in build, arrangement of stacks, etc. Therefore it is presumed a mine was responsible for the sinking of the Sussex. In the way of corroboration, it is stated that German naval forces destroyed 26 floating mines on that day.

Regarding the cases of the Englishman, Manchester Engineer, Eagle Point and Berwindale, it is stated they were signaled to halt, but disregarded the signals. Thereupon warning shots were fired.

The statement is made that the submarine to which the police believe they have the men higher up in the organization of German plots than Capt. Robert Fay and his associates, who were arrested last October.

The specific charge against the men is that they acted in concert with others in manufacturing liquid fire bombs and placing them in sugar bags on the steamship Kirk Oswald of the Fabre line, which caught fire last May while going from New York to Marseilles.

The four defendants are: Ernst Becker, Capt. Enno Bode of Glen Ridge, N. J.; Capt. E. W. von Kleist, Hoboken; Capt. Otto Wolpert of Bloomfield, N. J. According to the officers who made the arrests, Becker confessed that he was the agent of Capt. Franz von Papen. Becker has confessed that he made the containers for the bombs and gave them to Von Kleist.

4 GERMANS TAKEN IN PLOT

One Confesses He Made Containers for Bombs to Be Placed on a French Ship.

New York, April 14.—In the arrest on Wednesday of four Germans on charges of placing fire bombs in ships carrying munitions and food from the port to the allies, the police believe they have the men higher up in the organization of German plots than Capt. Robert Fay and his associates, who were arrested last October.

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CONFERENCE OF EDUCATORS

Superintendents of Western Ohio Discuss Many Important Problems.

Dayton, O.—Upward of 100 educators attended the closing session of the Western Ohio School Superintendents' Round Table at the Phillips Hotel, C. W. Cookson, Troy, was president; W. S. Guile, Dayton, secretary, chairman of the executive committee; G. J. Graham, Xenia, member of the executive committee, and W. F. Campbell, secretary. Athletic matters were given extended discussion and Mr. Cookson was made a member of the board of control of the Southwestern district. Other members of the board whose functions are the settlement of disputes in athletic matters are George R. Eastman, this city, and Charles H. Lake, Hamilton.

A resolution was adopted by the superintendents providing for the submission of appropriations from the state funds for the maintenance of public schools. A committee appointed to use its influence with state legislators is composed of Frank W. Miller, former state superintendent of instruction, now the head of the Dayton schools; J. M. Collins, Springfield, and H. R. McVey, Sidney. The question of the addition of two years to the public school course was discussed but no conclusion was reached.

MILLION FOR MISSION WORK.

Is the Slogan Adopted by Women's Society in Dayton.

Dayton, O.—"One Million, Six Hundred Thousand Dollars for Missions in 1917" was the slogan adopted at the closing sessions of the Western Ohio district of the Women's Foreign Missionary society of the M. E. church. Reports were received of the advancement made in the work of missions.

TABOO CARDS IN SCHOOL CLUB.

Injunction Suit Filed in Effort to Put Stop to Practices.

Columbus, O.—Billiards, pool and cards have been introduced in a club in connection with the Clinton high school. It is alleged in an injunction suit filed by John N. Glasgow in the common pleas court against the members of the board of education and Principal A. W. Castle in an effort to abolish club life in the school.

TAX ASSESSORS GO ON STRIKE.

Newark, O.—Licking county tax assessors, 45 in number, refused to go to work when they assembled here for their instructions and supplies. The revolt came when County Auditor Hursey told the assessors that the county commissioners had fixed the salary at \$3 a day. Last year the assessors were paid \$4. The law allows the commissioners to fix the salary at \$3 to \$6.

WHOLE VILLAGE THREATENED.

Blaze That Breaks Out in Ancient Grist Mill Causes \$25,000 Damage.

Cleveland, O.—Fire in Bennett's mill, an ancient gristmill in Valley City, eight miles southwest of Berea, near here destroyed the mill and threatened to destroy the entire hamlet. Six houses and a dozen barns were reported destroyed. The loss is estimated at \$25,000. The village is threatened.

Germany's Gold Reserve.

Berlin, April 14.—The gold reserve in the Reichsbank is \$15,200,000, according to the weekly bank statement. The ministry of finance announces that \$1,722,350,000 has been paid in upon the fourth war loan.

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WILL LET ROAD CONTRACTS SOON

SECOND LETTING WILL COVER MORE THAN EIGHTY MILES OF HIGHWAYS.

TWENTY-FOUR COUNTIES SHARE

Amount of the Contract Will Total \$1,135,000—April 28 Is Day Set By Commissioner.

Western Newspaper Union News Service
Columbus, O.—The second highway letting of the year will be nearly as large as the first, for which the bids were opened last week. The bids will be canvassed on April 28 by Highway Commissioner Clinton Cowen. It is estimated the contracts will amount to \$1,135,000 and will provide for the construction of 82 miles of roads in 24 counties. The contracts to be let on April 28 are:

County—Road. Length. No Miles.
Ashland—Ashland-Loudonville. 1.55
Clark—Springfield-Urbana. 4.35
Champaign—Urbana-W. Jefferson. 1.56
Columbiana—Cleveland-East Liv. 3.01
Crawford—Columbus-Sandusky. 1.59
Crawford—Bucyrus-Gallatin. 1.59
Crawford—Bucyrus-Marion. 1.59
Delaware—Columbus-Sandusky. 1.86
Delaware—Delaware-Mt. Gilead. 3.70
Delaware—Columbus-Sandusky. 3.70
Franklin—Columbus-Sandusky. 2.76
Gaucha—Burlington-Bloomfield. 2.77
Gaucha—Chagrin Falls-Greenville. 2.40
Greene—Dayton-Chillicothe. 5.62
Jefferson—Ohio River. 5.72
Jefferson—Skelly-Empire. 9.90
Knox—Columbus-Millersburg. 4.18
Knox—Mt. Vernon-Coshocton. 2.06
Logan—Urbana-Bellefontaine. 4.15
Mahoning—Youngstown. 4.31
Bedford. 1.31
Mercer—Celina-Greenville. 3.08
Monroe—Woodfield-Marietta. 1.92
Miami—Dayton-Troy. 1.92
Muskingum—Zanesville-Caldwell. 1.35
Portage—Cleveland-E. Liverpool. 2.40
Ross—Chillicothe-Lancaster. 2.40
Stark—Akron-Canton. 5.78
Tuscarawas—New Philadelphia. 2.87
Uhrichsville. 2.87
Union—Urbana-Marietta. 4.11
Union—Marietta-Marion. 4.11
Washington—Athens-Marietta. 1.23
Washington—Marietta-McConnellsville. 1.23
Wood—Bowling Green-Perryburg. 4.77
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